

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI ILMU KEPERAWATAN
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Nafilatus Sa'adah

Hubungan Fungsi Kognitif Dengan Risiko Jatuh Pada Lansia Di Upt. Panti Sosial
Tresna Werdha (Pstw) Bondowoso

xvi + 97 hal + 6 bagan + 14 tabel + 16 lampiran

Abstrak

Jatuh pada lansia merupakan masalah kesehatan serius yang dapat menimbulkan cedera, menurunkan kualitas hidup, membatasi mobilitas, hingga meningkatkan risiko kematian. Kejadian jatuh sering kali berhubungan dengan penurunan fungsi kognitif, yang membuat lansia kurang mampu mengenali bahaya, lambat merespons lingkungan, serta mengalami kesulitan dalam pengambilan keputusan. Studi pendahuluan di UPT. Panti Sosial Tresna Werdha (PSTW) Bondowoso menunjukkan dari 93 lansia terdapat 40 orang yang berisiko jatuh. Kondisi ini menegaskan pentingnya penelitian mengenai keterkaitan fungsi kognitif dengan risiko jatuh. Penelitian ini bertujuan menganalisis hubungan fungsi kognitif dengan risiko jatuh pada lansia di UPT. PSTW Bondowoso. Desain penelitian menggunakan kuantitatif analitik dengan pendekatan cross-sectional. Populasi penelitian mencakup 93 lansia, dengan sampel 40 responden yang dipilih menggunakan rumus Slovin. Instrumen penelitian meliputi Montreal Cognitive Assessment versi Indonesia (MoCA-Ina) untuk menilai fungsi kognitif dan Morse Fall Scale (MFS) untuk mengukur risiko jatuh. Analisis data menggunakan uji Spearman Rank dengan tingkat kepercayaan 95%. Hasil penelitian menunjukkan adanya hubungan bermakna antara fungsi kognitif dan risiko jatuh ($p < 0,05$), di mana penurunan fungsi kognitif berbanding lurus dengan peningkatan risiko jatuh. Kesimpulannya, fungsi kognitif berperan penting dalam menentukan tingkat risiko jatuh pada lansia. Oleh karena itu, deteksi dini gangguan kognitif, edukasi, serta intervensi keperawatan berkesinambungan sangat diperlukan guna menurunkan risiko jatuh dan meningkatkan kualitas hidup lansia di PSTW.

Kata Kunci: fungsi kognitif, risiko jatuh, lansia
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ABSTRACT

UNIVERSITY OF MUHAMMADIYAH JEMBER
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The Relationship Between Cognitive Function and Fall Risk in the Elderly at UPT. Panti Sosial Tresna Werdha (PSTW) Bondowoso

xvi + 97 hal + 6 bagan + 14 tabel + 16 lampiran

Abstract

Falls among the elderly are a serious health problem that can cause injuries, reduce quality of life, limit mobility, and increase the risk of mortality. Falls are often associated with cognitive decline, which leads to slower responses to the environment, reduced ability to recognize hazards, and difficulties in decision-making. A preliminary study at UPT. Panti Sosial Tresna Werdha (PSTW) Bondowoso showed that out of 93 elderly residents, 40 were at risk of falling. This condition highlights the importance of studying the relationship between cognitive function and fall risk. This study aimed to analyze the relationship between cognitive function and fall risk among the elderly at PSTW Bondowoso. The research employed an analytic quantitative design with a cross-sectional approach. The study population consisted of 93 elderly individuals, with 40 respondents selected using Slovin's formula. Research instruments included the Indonesian version of the Montreal Cognitive Assessment (MoCA-Ina) to assess cognitive function and the Morse Fall Scale (MFS) to measure fall risk. Data were analyzed using the Spearman Rank test with a 95% confidence level. The results indicated a significant relationship between cognitive function and fall risk ($p < 0.05$), showing that decreased cognitive function was associated with an increased risk of falling. In conclusion, cognitive function plays a crucial role in determining fall risk among the elderly. Therefore, early detection of cognitive impairment, education, and continuous nursing interventions are essential to reduce fall risk and improve the quality of life of elderly residents at PSTW.

Keywords: cognitive function, fall risk, elderly
References: 41 (2020–2025)